



Stress Management Resources Available to State of NH Employees and Dependents

EMPLOYEE ASSISTANCE PROGRAM

The State of NH Employee Assistance Program (EAP) services are confidential and voluntary to assist NH government employees and their families in addressing issues that may affect their overall well-being. The EAP works closely with individuals and families to help:

- Identify issues before they disrupt your personal or professional life;
- Resolve the issues; and
- Improve an employee's ability to carry out his/her job.

The EAP also provides the following free stress management worksite programs:

- **The Power of Positive Thinking**
- **Compassion Fatigue**
- **Leadership Stress Prevention and Support**

Contact the EAP by calling (800) 852-3345, ext. 4336 or check out their website at www.dhhs.nh.gov/hr/eap

State Division of Personnel Bureau of Education and Training

Provides a unique program of continuing professional training and development opportunities. For more information, visit www.admin.state.nh.us/hr/trdev.html or contact your agency benefit representative.

ANTHEM

Anthem is the State's Medical Benefits Administrator offering several resources for stress management:

- **Community Health Education Reimbursement Program** – \$150 per family per calendar year towards Anthem approved community health providers offering stress management programs such as yoga, meditation, and mindfulness
- **Stress Less in the Workplace** – Two 1-hour worksite workshops. Contact Lisa Marzoli at (603) 695-7559 to schedule this program at your worksite

ADDITIONAL RESOURCES

- **MedlinePlus** – A service of the U.S. National Library of Medicine National Institutes of Health <http://www.nlm.nih.gov/medlineplus/>
- **A Health Care Provider** – Schedule a visit with your Primary Care Provider
- **Counseling** – One on one or in a group setting to help target the root cause of your stress and develop ways to manage it